



# A STUDY OF PSYCHOLOGICAL WELL-BEING AND GENERAL SELF-EFFICACY AMONG HOUSEWIVES AND WORKING WOMEN

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## ABSTRACT

**Background:** Women empowerment is when women have the freedom and choice to make their own decisions. They have the most patent right in deciding what's right for them and what's wrong for them. Women are to be empowered socially, psychologically, economically, educationally and politically that can help them take decision regarding mobility, economic independency, politically participation and awareness to exercise rights. The primary purpose of the present investigation has to examine the psychological well-being and general self-efficacy of housewives and working women. In this study the total sample consisted of 120 women comprising housewives (n=60) and working women (n=60) from different organization where women are engaged in performing their task and housewives selected from different houses where women are dependent on their husband. Measurement of General self-efficacy was furnished through generalized self-efficacy scale developed by Schwarzer and Jerusalem (1995) and psychological well-being scale developed by Ryff & Keyes (1995). The result of this study indicated that housewives have low level of psychological well-being in comparison to working women but found non-significant in some dimensions like: environmental mastery and positive relation with others. General self-efficacy also found high in working women compare to housewives. The aim of study that women who work outside the home are required to make many social and psychological adjustment. The present study is to utmost value in changing scenario of women's life at glob.

**KEYWORDS:** Green Hospital, Green Initiatives, Water Management, Waste Management.

## INTRODUCTION

In free India, women have been entering salaried, remunerative, occupations and professions in increasing number. The numerical growth of women taking up employment in various capacities can be witnessed in a busy area of any of the large cities in India. In independent India, they have started coming out of "A Housewife", means a woman who is not engaged in any type their seclusion and are entering the vocation that were largely the of remunerative or honorary job. The married women's best place preserves of men. But even then in the recruitment process women was thought to be her home. She was supposed to do the household are given fewer opportunities than men. If both the man and women have an equal qualification preference is given to the men than women.

It is important to be mentioned here that the housewife is a familiar figure to all of us. At the same time, housewives form an almost forgotten group. This may be the fact that housewife is not regarded as an occupation in our culture. Women who work outside the home is likely to experience stress which deteriorate the degree of psychological well-being from demand and challenges associated with work and non-work responsibilities. On the other hand, housewives' job activity may or may not enhance the degree of psychological well-being, it may be due to household work overload.

Women experience a lot of stress at place of their work as well as their home. Both working and non-working women play an important role in house hold activities of their families. Working women are often tossed between home and job as compare to non-working women because double work pressure affects their life satisfaction, adjustment, happiness and mental health. There are contradictory role expectation from women while she is at work and at home.

Although, it is general assumption that a good job can contribute to overall quality of life through increased income and more satisfying than available to a traditional housewife (Hoffman & Nye, 1974; Holahan & Gilbert, 1979; Warr & Parry, 1982), women who work outside the home are required to make many social readjustments that can contribute to stress, anxiety and psychological well-being. Lennon (1994) also found that full-time housework involves more autonomy, more interruptions, greater physical effort, more routine, fewer time pressures and less responsibility for matters outside one's control than do paid work. In his study Lennon compared housewives from working wives appear to benefit from having less responsibility for things outside their control.

Working women appeared to benefit from having less routinized than housewives. In one of the important studies working women reported higher scores on general health, life satisfaction and self-esteem and lower scores hopelessness, insecurity and anxiety (Nathawat & Mathur, 1993). Moreover, Engel (1988) investigate that Japanese and American housewives believe that they cannot be happy as full time housewives. Although, Japanese women believe very strongly that a wife/mother's employment has harmful effects on marriage and child development and that a wife/mother should not be employed

when husband wants her home, or when there is a school aged or teenage child in the family.

American women believe more strongly that women are capable of handling both household work and career responsibility. It seems that family stress is a significant predictor of well-being for working women and housewives/mothers (Schwartzberg & Dytell, 1998). It is often observed that working women and housewives are different and as a result they require different kinds of support to enable them to cope effectively with their chosen roles. Working women identify work, children and household duties as the most frequent stressors, whereas housewives identify children, finances and as stressors (Canam, 1986).

## PSYCHOLOGICAL WELL-BEING

Psychological well-being is quite similar to positive mental health, satisfaction, happiness. Psychological well-being can be attained by achieving a state of balance affected by both challenging and rewarding life events. Psychological Well-being is one of the most important goals, for which individuals as well as society strive.

The term explains that something in a good state. The word well-being is often used for specific variety of goodness, for example, living in a good environment, being of worth for the world, being able to cope with life, enjoying life, etc. Usually well-being defined as a dynamic state characterized by a reasonable amount of harmony between an individual's abilities, need and expectations and environmental demands and opportunities.

It involves subjective satisfaction and individual pleasure depending upon psychological status of the individual and his environmental conditions. Ryff and Keyes (1995) argued that self-acceptance, positive relations with other, autonomy, environmental mastery, purpose in life and personal worth, well-being and absence of ill-being are the aspects of health. Psychological well-being is a relatively complex notion with a variety of components that may contribute to it. After factor analysis it was revealed that cheerfulness, optimism, playfulness, self-control, a sense of detachment and freedom from frustration, anxiety and loneliness are indicators of psychological well-being (Tellegen, 1979). Sinha and Verma, 1992). McCulloch (1991) has shown that satisfaction, morale, positive affect, social support etc., are the indicators of psychological well-being.

A person high in psychological well-being not only carries higher level of life satisfaction, self-esteem, positive feelings, and attitudes, but also manages tensions, negative thoughts ideas and feeling more efficiently. The psychology of well-being aims to help people live more rewarding lives including close relationships, responsibilities to one's community and enjoyment of one's life. Psychological wellbeing is a subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness and no distress, dissatisfaction or worry etc.

It emphasizes positive characteristics of growth and development.

Researchers find that psychological well-being is achieved more readily for individuals who accumulate more identities (Thoits, 1983) and for individuals with higher levels of education, income and occupational prestige (Kessler 1982; Turner 1999). Krol, et al. 1994; 1994; & 1993) posited that, as an element of the self-concept, self-esteem - usually described as self-acceptance or overall affective evaluation of one's worth - has been found to be associated with both physical and psychological health.

### GENERAL SELF-EFFICACY

Self-efficacy is belief in one's capabilities and deals with an individual's estimate of his or her cognitive and physical capabilities which are needed to exert control over situation demands. It impacts an individual's perseverance, resilience and self-enhancing or self-efficacy cognition in the face of challenges and failure (Bandura and Wood, 1989). Social self-efficacy is positive and negative messages one receives from others about one's ability to accomplish a task. Positive messages encourage people to persevere and succeed, while negative messages have detrimental effects on one's confidence. This is especially true for those who already lack confidence in their capabilities (Zeldin et.al. 2008).

People have beliefs about themselves that are the key elements to the behaviour and motivation of the people and also to the exercise of control and personal agency. Self-efficacy is considered to be the most unique human capacity which enables people to evaluate and alter their own thinking and behaviour (Barlow and Durand, 2000). Bandura (1995) also asserted that people could be persuaded to believe that they have the skills and capabilities to succeed.

Self-efficacy influence the people' physical and psychological health and these can impact the perception of their capability. One's feeling, health and psych-physical arousal may increase successful enactment when this arousal is perceived as construction excitement. However, those who perceive the arousal as distress may feel inhibited to perform well. Zhang and Lu (2009) found that general self-efficacy strengthened the positive relationship between challenge stressors and satisfaction and decline the negative relationship between hindrance stressors and satisfaction as well.

Mohammed and Billings (2002) also found that high self-efficacy could make individuals perceive more situational opportunities and fewer situational threats. Shir et al. (2018) examined psychological well-being in working women (both full-time & part-time jobs) reported that women with full time jobs displayed positive attitude about job, higher efficacy, and better psychological well-being than their counterparts. Sahu and Rath (2003) also found positive association between self-efficacy and well-being and added that marriage, employment, and parenthood are associated with good mental and physical health among employed women.

### PURPOSE OF THE STUDY

This study aimed to examine the psychological well-being and general self-efficacy of housewives and working women because women who work outside the home are required to make many social and psychological adjustment. General self-efficacy and psychological well-being strengthened the positive relationship between challenge stressors and satisfaction and decline the negative relationship.

### HYPOTHESIS

- (1) Housewives and working women differ significantly in psychological well-being.
- (2) Housewives and working women differ significantly in general self-efficacy and its dimensions.
- (3) There is no significant difference between housewives and working women with psychological well-being and general self-efficacy and its dimensions.

### SAMPLE

The sample consisted of this study sixty for housewives (n=60) selected from different houses where women are dependent on their husband and sixty working women (n=60) from different organization where women are engaged in performing their task Darbhanga, Bihar with the age range 35.5 to 45.4 years old.

### MATERIAL

This study measurement of well-being through Psychological well-being scale developed by Ryff & Keyes (1995) and General self-efficacy through generalized self-efficacy scale developed by Schwarzer and Jerusalem (1995). Generalized self-efficacy scale have different six dimensions:

- Autonomy- being able to follow one's own conceptions.
- Environmental mastery-being able to manage complex demands of daily life;
- Personal growth-having a sense of continued development and self-realization;
- Positive relation with others- possessing caring and trusting ties with others;
- Purpose in life -having goals and objectives that give life meaning; and

- Self-acceptance- having a positive attitudes towards oneself and one's past life,

### RESULT

| Groups        | N  | Mean  | SD   | t-value | Level of significant |
|---------------|----|-------|------|---------|----------------------|
| Working women | 60 | 33.03 | 2.40 | 30.93   | P<.01                |
| Housewives    | 60 | 19.11 | 2.57 |         |                      |

**Table 1:** t-value scores of psychological well-being between working women and housewives

The t-value scores indicate that psychological well-being scores (working women X=33.03/Housewives X=19.11) were significant (t=30.93) p<.01. (Table-1).

| Groups        | N  | Mean  | SD   | t-value | Level of significant |
|---------------|----|-------|------|---------|----------------------|
| Working women | 60 | 81.61 | 3.84 | 14.21   | P<.01                |
| Housewives    | 60 | 70.81 | 4.54 |         |                      |

**Table 2:** t-value of total scores of general self-efficacy between working women and housewives

The t-value scores indicate that general self-efficacy scores (working women X=81.61/Housewives X=70.81) were significant (t=14.21) p<.01. (Table-2)

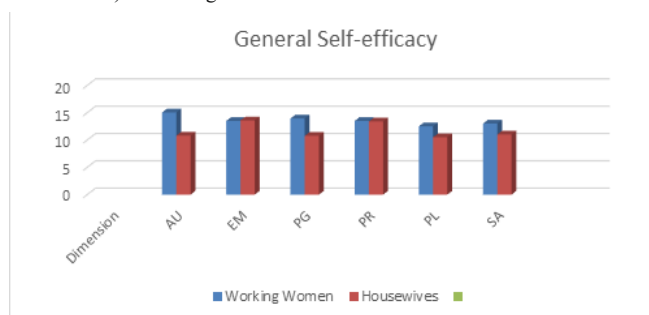
| S. N. | Dimensions of general self-efficacy | N  | Working women |      | Housewives |      | t-value | Sign. |
|-------|-------------------------------------|----|---------------|------|------------|------|---------|-------|
|       |                                     |    | Mean          | SD   | Mean       | SD   |         |       |
| 1.    | Autonomy                            | 60 | 15.05         | 2.26 | 10.08      | 1.16 | 13.28   | P<.01 |
| 2.    | Environmental Mastery               | 60 | 13.50         | 1.54 | 13.60      | 2.25 | 0.285   | NS    |
| 3.    | Personal growth                     | 60 | 13.94         | 1.84 | 10.77      | 1.28 | 11.32   | P<.01 |
| 4.    | Positive relation with others       | 60 | 13.50         | 1.44 | 13.40      | 1.97 | 0.32    | NS    |
| 5.    | Purpose in life                     | 60 | 12.50         | 1.67 | 10.50      | 1.41 | 7.14    | P<.01 |
| 6.    | Self -acceptance                    | 60 | 13.01         | 1.83 | 11.01      | 1.51 | 6.66    | P<.01 |

**Table 3:** t-value of housewives and working women on different dimensions of general self-efficacy

The t-value scores of some dimensions show that there is significant difference between both groups like: autonomy (t-13.28) p<.01, personal growth (t-11.32) p<.01, purpose in life (t-7.14) p<.01 and self-acceptance (t-6.66) p<.05 while environmental mastery (t-.285) and positive relation with others (t-.32) are not significant on both groups. (Table-3)

### Figure

Graphical representation of six dimensions of General Self-efficacy (according to mean value) of working women and housewives.



### DISCUSSION

The data is analyzed in the form of mean, combined mean, standard deviation and t-value is computed separately for psychological well-being and general self-efficacy with different dimensions. The present study is an exploratory one and it reveals several facts which may beneficial to understand quality of life and health status of the women because quality of life and mental health are used to evaluate the general well-being and self-efficacy of individuals. The total scores of psychological well-being of working women are found better than housewives and there is significant difference between both groups. It shows that working women have strong managing skills related to daily life struggle compare to housewives because working women manage both life personal and professional. Many research indicate that general well-being is probably one of the most important aspects of human beings and the state of psychological well-being can be attainment in term of healthy body with healthy mind.

The total scores of general self-efficacy scores of working women also found better than housewives it indicate that general self-efficacy showed that

individuals with high self-efficacy have strong confidence on their ability to exert control. They prefer to set more challenging goals and strongly believe that they have the ability to successfully control their environment and accomplish their goals (Judge & Bono, 2001). Zhang and Lu (2009) found that self-efficacy buffered the negative effects of some job stressors on workers' well-being. But some dimensions like, environmental mastery and personal relation with others are not found significant. It indicate that housewives spent more time with our family, relatives and society. They are very close to people of our society and create high personal relation with others while working women engaged with both professional and personal life.

The Result of autonomy dimension shows that there is significant difference between both groups which reveals that working women have high independent and self-determination in thinking. Mohammed and Billings (2002) also found that high self-efficacy could make individuals perceive more situational opportunities and fewer situational threats. The scores of personal growth and purpose in life dimensions are also showing significant on both groups and mean scores are above average in working women. It indicate that they have high sense of critical competence capable of affecting the performance of a cross section of employees. The study of Sahu and Rath (2003) also found positive association between self-efficacy and well-being and added that marriage, employment, and parenthood are associated with good mental and physical health among employed women.

Mean scores of self-acceptance are better in working women compare to housewives and found significant which indicate that housewives can't understand and assessment of self, positive feeling, attitudes towards self and others while working women can evaluate their achievement and understand self and others feeling.

## CONCLUSION

On the basis of present research findings it is concluded that there is significant difference between both group on psychological well-being and general self-efficacy. It indicate that high self-efficacy and health of a person have values and righteous self-concept and scientific perception of the world as a whole. Self-efficacy and well-being of an individual that facilitates them to overcome the challenges of stressors. Many studies show that working women reported higher scores on general health, life satisfaction and self-esteem and lower scores hopelessness, insecurity and anxiety.

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